



InShape

West Valley City Fitness and Recreation Center News

Halloween Adult Dodgeball Tournament

Recreational dodgeball league for adults 18 and older (Age 16-17 can play with signed youth activity form). Teams can be male, female or coed.

Double elimination tournament with each game the best of 9 rounds.

Tuesday, October 26 – Wednesday, October 27
(must be available both nights)

Games start at 6 p.m.

Team rosters will be 6 to 12 players with a \$50.00 fee per team.

Registration deadline is October 22, 2010.

Team registration only. 16 team slots available.

Halloween costumes optional, but preferred

Late Night Luau

Saturday, September 25
8 – 9:30 p.m.

This FREE event for our members provides an opportunity for a late night swim, hula hoop games, inflatable obstacle course, crafts and the chance to make your own hula skirt!

Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$45/month

Non-Members - \$50/month

Registration deadline is the 1st of every month and is done on a month-to-month basis. Class size is limited so sign up early!

Sessions offered (choose either):
Mondays & Wednesdays 9 to 11 a.m.
Tuesdays & Thursdays 9 to 11 a.m.

**For more information, call
(801) 955-4000.**

Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

For more information call 801-955-4000.

West Valley Dance Force

The West Valley City Fitness Center offers a variety of dance formats that include: Ballet, Jazz, Combo, Tumbling, Hip-hop and more!

Sessions begin in September. Beginning, intermediate and advanced classes are offered.

Members - \$28 per month

Non-members - \$30 per month

Additional class - \$15 per month

Unlimited classes - \$60 per month

A one-time yearly registration fee of \$10 is required.

For more information about registration or dance classes call the dance hotline at
(801) 955-4030 or visit
www.wvdanceforce.blogspot.com.

After-School and Day Camps for Kids

Field Trips! Face Painting! Western Day! Games! Sports! Friends! Safari Day! Dancing! Roller Skating! Ice Skating!

After School Camp (K-6)

After school camps until 6 p.m. include sports, games, swimming, rock climbing, study time, and more! Transportation is available from Valley Crest, Monroe, Whittier, and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

\$30 – one week; \$7 – one day

Kidz Kamp
Ages 5 - 11

Camps include sports, crafts, swimming, ice skating/roller skating, rock climbing, and field trips. Lunch and snacks are provided.

Monday – Friday
7:00 a.m. - 6:00 p.m.

\$20 per day; \$90/ week (additional children, \$80)

Kindergarten Kamp (Ages 5 - 6)

Mon.-Fri. 7 a.m. – 12 noon for
afternoon Kindergarteners

Mon.-Fri. 11:30 a.m. – 6 p.m. for
morning Kindergarteners

Registration includes lunch & snacks, Kidz Yoga, swimming lessons, Rock Climbing, Field Trips, Silly Games and much more.

**\$45 per week or \$10 per day per child
(No Refunds)**

***We provide transportation to &
from Valley Crest ONLY**

Registration for all camps are due by Wednesday at 1 p.m. the week prior to the beginning of camp. No late registrations or date changes accepted.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

